How to Know if You Are Ready for Professional Coaching

So often we dismiss the idea of getting medical attention for something like a bad cold. We wait to see if it will go away or if we will develop a secondary infection that requires antibiotics. If we twist an ankle walking over a curb, we watch it turn purple and blue and monitor the swelling before we go to the doctor. And then if we have experience any type of personal issue, whether it be relationship problems, addiction, or just wanting to overcome obstacles for personal success, we wait for to see if that saying about “rock bottom” drives us to a professional. We tend to follow the path of least resistance.

Why is this?

It seems easy to sit back and wait to see if our life situation will get better on its own. There is a reason for this. Mentally, about ninety percent of our assumptions and beliefs about life operate on autopilot. This means that when we do not expand and explore the mindset we have made our mental blueprint, we do not allow our minds to explore change. We wait. We make excuses. We blame other people or situations. We do not claim control of our own creation of our own reality.

Some of us are equipped with tools that help us anticipate a change and therefore, allow us to create our own change in behavior. A good example of this would be the person who has believed their entire life that they have no control over what comes out of their mouths in times of anger. They often “open mouth, insert foot.” When explained that this “habit” is simply an anxiety and defense mechanism about being attacked or insulted or not supported in some emotional way, they begin to see that their reality is what they have experienced in life and what they expect in certain situations. This realization alone is a tool that can be used to help reflect and edit their mindset which in time and with practice facilitates a change in behavior. The belief about “not being able to control myself” becomes a new

Another example of someone who motivation to put yourself into forward motion. There is nothing wrong with giving yourself a final deadline before you take action. Some people need this mental deadline as a motivator. However, so often, I hear people say things like, “I am going to wait until...” When I check back in, that deadline has long passed and there has been zero action and no intention. Two recent clients have mentioned “waiting for such and such deadline”, and even with coaching strategies in place, when left up to themselves, the inward desire and intention was not available.

So how does a professional coach help move a client into action when their mental foresight is lacking? Herein lies the special forces of the coaching process.

When the brain perceives that it has a job to do